

SARS Discharge Instructions for _____

Date: _____

Attending physician name and contact number: _____

Person providing SARS discharge counseling: _____

- 1) SARS is a contagious disease that can spread to other people. SARS patients can spread the infection to others until 10 days after their fever is gone and respiratory symptoms (cough, shortness of breath, or difficulty breathing) are improving. During this time, SARS patients **must** stay away from other people. This separation period is called *isolation*.
- 2) Before you leave the hospital, you, or person living in your home, will be interviewed to see if your home is a safe place for you to stay while you are recovering from SARS. Public Health may visit your home to help with this decision. If your home is not suitable for your isolation, Public Health will make arrangements for you to stay in at another location during your isolation period.
- 3) When you get home, Public Health will call you at least once a day during your isolation period to assure that you are at home and to check on your health and the health of other people in your home, and to see if you need anything. Public Health may also visit you at home during your isolation period.
- 4) If your symptoms become worse after you go home, please **call Public Health immediately at 206-296-1100**. When you call, tell the person answering the telephone that you are a **SARS patient in isolation**. If you believe that you have a life threatening emergency call 911. Tell them you have SARS and that you need help. When the ambulance crew arrives, let them know you are a SARS patient.
- 5) If you need medical care or evaluation, you should have a family member or friend drive you to your health care provider in a private car. Do not take public transportation such as a bus, train, or taxi. If you need assistance with transportation, call Public Health. **ALWAYS** contact your health care provider or hospital before you leave your home and tell them that you are a SARS patient. Wash hands thoroughly before leaving your home and wear a surgical mask on the way to see the doctor. When you arrive at the doctor's office or hospital, let them know immediately that you are a SARS patient and do not sit in public waiting areas. Ask to be placed in a private examination room immediately.
- 6) If someone you have been in contact with develops a fever or respiratory symptoms(i.e., cough, shortness of breath, or difficulty breathing), that person should call their health care provider, or the hospital, right away and tell them that they have had contact with a SARS patient and follow steps number 4) and 5).
- 7) If you need help, or supplies, or have other questions, call Public Health at: 206-296-1100.